Coaching a Winning Team

Work Hard → Get Good → Have Fun → Work Hard → Get Good → Have Fun →……

Expectations of the Students

- Be Responsible
- know the event rules
- be prepared for practices
- arrive at practices on time
- respect coaches time
- respect coaches and team members
- collaborate with other team members
- no one is a “one person SO team”, the only way to advance is as a team

Expectations of the Coaches

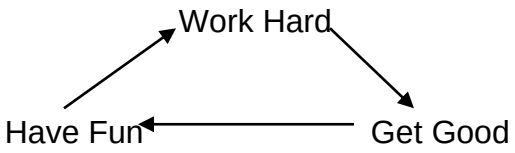
- know the current event rules
- have a “plan” for the season, what needs to be covered over the given time
- expect more of the students, i.e. don’t spend all of practice time “teaching/lecturing”
- demand responsibility and respect from all students
- make students accountable and engaged by having regular practices and expectations
- have consequences for unpreparedness and behavior issues
- rank students within the events, if students know that they are automatically on the team they are less likely to work harder

Expectations of the Parents

- help students find resources if possible
- Realize SO is a commitment the students have made of their time
- support the coaches decisions
- Do not expect SO to be after school babysitting
- If you coach, do not expect that your child will automatically be on the team, coach for the love of the program
- Don’t build the devices for your child
- Don’t do the research for your child

Using Human Resources

- Seek out all possible human resources to help the students become expert at their events

Coaches’ Training

- If at all possible, attend a coaches training session
- Send as many coaches to a coaches training session